

# DRIED FRUIT & NUT MIX

for use in the USDA Household  
Commodity Food Distribution Programs

Revised: 05/05/05

## Product Description

**Dried Fruit & Nut Mix** (formerly known as Trail Mix) may be made from any of the following: dried cherries, dried cranberries, dried dates, dried figs, dried plum pieces, raisins, walnuts, or almonds. The label will indicate ingredients.

## Pack

Dried Fruit and Nut Mix comes in 1-pound packages, approximately 2½ cups total volume per package, or approximately 7½ 1/3-cup servings per bag.

## Storage

- Store unopened package in a cool, dry place.
- After package is opened, store in tightly closed container in the refrigerator for up to 6 months.

## Uses and Tips

- Serve Dried Fruit & Nut Mix, from the package, as a meal-time fruit choice.
- Repackage as a snack or for a bag lunch.
- Dried Fruit & Nut Mix is a delicious, nutritious topping for ice cream or yogurt, or on cereal at breakfast.



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## Nutrition Information

***Dried Fruit & Nut Mix*** is a good source of fiber.

<b>Nutrition Facts</b>			
Serving size 1/3 cup (53g) Dried Fruit & Nut Mix			
<b>Amount Per Serving</b>			
<b>Calories</b>	180	<b>Fat Cal</b>	45
<b>% Daily Value*</b>			
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat .3g			<b>3%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 0mg			<b>0%</b>
<b>Total Carbohydrate</b> 31g			<b>10%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 25g			
<b>Protein</b> 3g			
Vitamin A	2%	Vitamin C	1%
Calcium	4%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet.			

Note: This nutrition panel information is based on the average nutritional value of possible ingredients. The composition of Dried Fruit & Nut Mix may vary. Refer to the manufacturer's label for specific ingredients and nutritional information.

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